

Ec - Sense



The Human Ecology Foundation of Canada
Ottawa



SEPT 1986

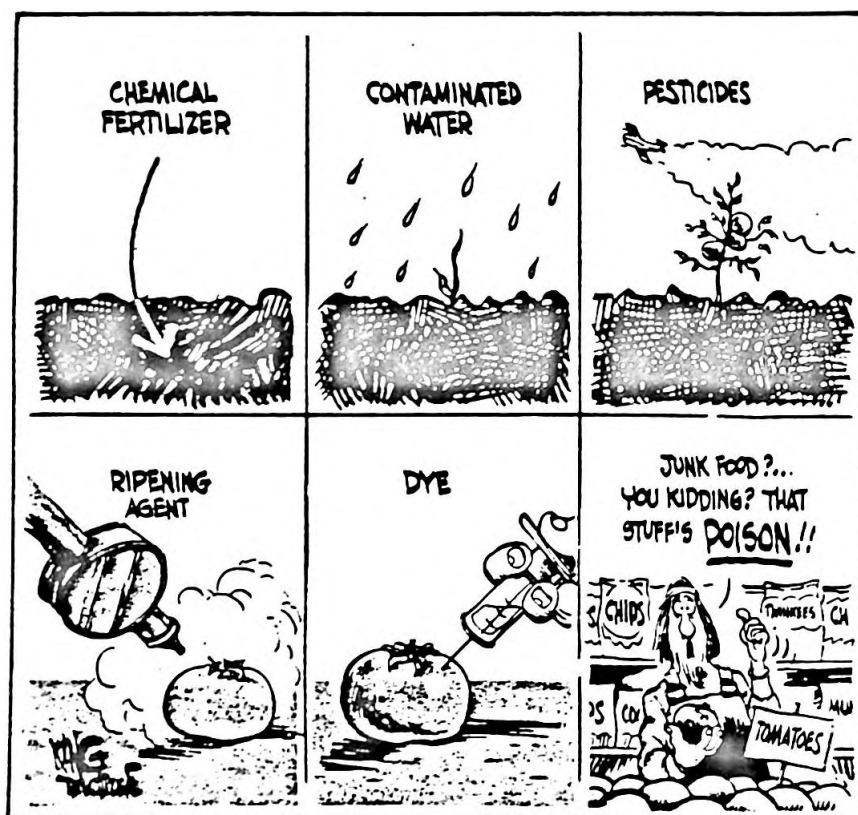
Supplement to the September H.E.F. Quarterly
2nd Class registration 6966

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OTTAWA CITIZEN 4 June 86

...from the President

In the half year since I was elected to this position, I have come to realize how many people in our present society are environmentally ill. Taking the population as a whole, we (members of HEF) are but a numbered few. However, if you talk to your neighbours, relatives and friends, you will find one form of ailment or another: hypoglycemia, high blood pressure, arthritis, diabetes, heart disease, mental illness and the most dreaded of all, cancer. Also, recurrent ear infections and enlarged tonsils are quite common among children, yet how many parents know that these are allergy-related? Hyperactivity and other behaviour problems, learning disorders, irritability, moodiness, lack of appetite or energy are other indications that all is not well.

There are very few perfectly healthy individuals in our society or even elsewhere. Everyone on this planet has been affected by the degradation of the environment. We all have pesticides like DDT in our bodies and everyday, more chemicals are produced which end up in foods, water and air.

While many of us are involved in a struggle to get well, others have to fight the increasing chemical assaults on our health. It is important, therefore, to educate the public and lobby various levels of government to effect changes. HEF is dedicated to this goal. We have begun, and we will continue.

Virginia Salares

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Activities in Ottawa

Public Meetings

Our monthly meetings will be held on the 3rd Thursday of the month at 7:30 p.m. at McNabb Community Centre. Please note the program for fall, 1986.

Revised Schedule for Fall, 1986

Thursday, 16 October, 7:30 pm. Dr. Paul Greenacre, "Dental Distress Syndrome or TMJ Disorders"

Saturday, 25 October, 10-4 pm, Country Fleamarket, Coliseum, Landsdowne Park

Friday, 7 November, 6-10:30 pm, Social Evening

Thursday, 20 November, 7:30 pm, Dr. John Molot, "U.S. Environmental Conference Update".

Due to the growing membership, the telephone committee will be telephoning only those who became members within the last twelve months and others who have expressed a need or wish to be contacted on a regular basis. It is everyone's responsibility to keep track of the activities.

If you wish to verify meeting information you may phone anyone on the Executive Committee. Members whose telephone exchanges are long-distance should phone a member of the Executive Committee for information about the meetings.

Special Event - Dinner November 7, 1986

6 - 10:30 pm,
McNabb Community Center

The social event this year will be a dinner. Families are welcome. Because of the unusual diet requirements of many, we have planned the dinner to be a "bring your own" to ensure that you have something to eat. To add interest to the dinner, bring a dish which might serve six. Choose any of the following:

dips, salads, home-made

condiments (such as applesauce, pickles, etc.), casseroles, desserts.

As natural and wholesome ingredients as possible would be preferred. All ingredients should be listed on a card accompanying the dish.

We would like to know how many people plan to attend. Please contact any of the following individuals before October 31st:
Janet Lee 828-2547
Carolyn McCoy 596-1498

Country Fleamarket October 25th

HEF will be participating in the City of Ottawa's Country Fleamarket at the Coliseum, Landsdowne Park as we had done last year. By all accounts, last year's fleamarket was a success and lots of fun!

Here is a golden opportunity to clean out those odds and ends and other things you do not need anymore which are saleable. At the same time you will be contributing to an HEF fundraising event.

a) You can bring your donations to the drop-off points closest to you; b) deliver to the coliseum on October 24th (please verify time with Pat Gorgas, 224-0801), or c) bring your donations while you visit us at our booth on October 25th. Admission to the coliseum is \$0.50.

Kindly price your items and provide hangers for clothes.

We need volunteers to transport boxes to Landsdowne Park, help set up, person the booth for an hour or more, or assist in coordinating the event. Contact Pat Gorgas, 224-0801.

Drop-off Points

EAST Vince Guenette 6395
Lumberman Way 824-6744
Johanne Falardeau 1-8
Stevens Ave. 749-1394

WEST Carolyn McCoy 951 Dresden
Cres. 596-1498
Judy Benson 526 Wavell Ave.
729-2659

A note of thanks to the members who generously gave their time to help in the fleamarket last May: Hal Ade, Judy Benson, Pat Cardo, Eileen Carter, Nancy Charette, Beth Fields, Pat Gorgas, Wayne Gerard, Janet Lee and Marjorie Seward. The event did not draw as many people as expected. HEF netted about \$500.

Preview of October Meeting

What is TMJ?

TMJ refers to temporomandibular joints, the joints that connect the lower jaw to the skull. The hinge allows movement of the jaw up and down or side to side. A TMJ disorder exists if the jaws and the temporomandibular joints are not aligned.

To find out if you have a jaw disorder, notice if you have symptoms such as neck pain, headaches, ringing in the ears, clicking, joint tenderness, stiff jaw, pain in swallowing and muscle aches. Is there discomfort localized in the jaw area? Grinding teeth while asleep and facial or body imbalance are other indicators of the presence of dental stress.

A TMJ disorder can cause respiratory and speech problems, learning difficulties, memory loss, hearing problems, scoliosis and other spinal or postural problems.

A large proportion of the population unknowingly has a TMJ disorder. It is another stress which, added to Candida, food allergies and chemical sensitivities can play an important role in ecological illness. For some, the jaw disorder can be the predominant problem.

This will be the first time HEF will present a lecture on TMJ. Dr. Paul Greenacre, an Ottawa orthodontist and TMJ specialist has been invited to discuss TMJ, how health is affected and approaches to alleviate the problem.

WE
INVITE
YOU TO JOIN
US

Membership in the Human Ecology Foundation of Canada includes a subscription to the Foundation's Quarterly magazine and Branch publications, which cover the latest developments in prevention and treatment of environmental illness. The Branches provide and hold meetings, lectures and other activities in each area. To become a member, complete the form below and mail it along with your cheque or money order (payable to the Human Ecology Foundation of Canada) for \$20.00 to: The Human Ecology Foundation of Canada, P.O. Box 11428, Station H, Nepean, Ontario, Canada, K2H 7V1.



Name _____

Address _____

Postal Code _____

Telephone _____

I am enclosing a cheque — money order — for \$20.00 to cover one year's membership in the Human Ecology Foundation of Canada.

(Optional) This membership is a gift to the above from _____

(Optional) In addition, I am enclosing a donation of \$_____ to further the purposes of the Foundation. (All donations are tax deductible as charitable donations).

Corporate Sponsorship \$100.00.

Cleaning up

All of us spend at least an average of 12 hours per day within our homes. People who clean house, provide care for other individuals in the home and those who work from their home spend up to 90% of their time inside. This is also true for children, the elderly and the sick.

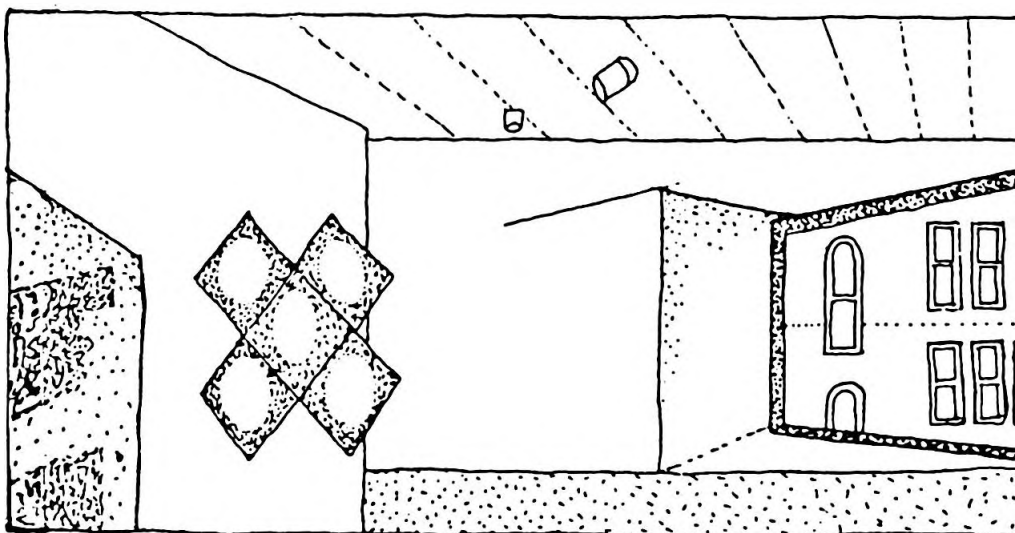
If your workplace outside the home is a chemical soup, it becomes more important to have the cleanest ambient air possible. The bedroom becomes the most vital area to keep clean in order that we may rest properly and recuperate. An aesthetically clean or modern house may not be as clean as we realize. Everything, including humans, has a surface molecular exchange. The surface molecules of anything are constantly being released into the air. (A dish of water will evaporate into the air if left alone for a few days). Breathing the air and the air touching our skin allows us to absorb many of these released molecules.

Some of the more obvious pollutants to the chemically sensitive are: rugs, underpadding, furniture, beds, pillows, drapes, floor tiles, linoleums, rubberized or cushioned flooring, caulking, tar, paint, weather stripping, insulations, glue, varnish, drywall, pressed wood, and chip or particle boards. All of these have been treated, usually with a combination of fire, water, mould, mildew or stain resistant chemicals in the name of sanitization and safety.

Toxic substances such as gasoline, oil, varsol, paint, hobby accessories or tools, barbecues, barbecue equipment and fuels, ammonia, bleach, cleaning solvents and others need to be avoided completely. If they must be kept, a location as far away from the house as possible is recommended. When you must store these substances in the basement or garage, place them where they will not be directly against the wall or under a bedroom or other frequently used living area of the house. Proper storage and handling of toxic substances is necessary to ensure everyone's personal safety.

The not so well known polluters, either by their composition or individual parts, and even how they serve their purpose can affect us without our knowledge. These may include any household appliance from the tiniest most convenient to a larger long purpose machine. Anything with a motor will heat up and gas off its own by-products (heated paints, metals, plastics, dust and odours). Any heater such as a: dryer, hairdryer, iron, oven or heating system (vents or rads) will do its job. Then as an added bonus will also heat up and gas off particles of the material being dried or heated, plus

whatever cleaning agent was used to wash the material before drying it. Sometimes heating a substance will help it offgas more quickly. This may be helpful in shortening the time required before an object or area becomes tolerable. Vinyls, plastics, weather strippings and caulking around windows or doors



the house

become very toxic when exposed to sunlight, long periods of heat or extreme heat.

Many everyday products have been unduly processed to look, taste, or smell pleasing; last longer; be fire retardant; mould, mildew, stain or water resistant; retain creases and crinkle, shrink and sweat proof. This is to make our lives more convenient, faster and of course safer, not to mention longer or shorter (as the case may be) durability of some products and the ever increasing need for profit.

Clothing can cause various reactions with different people. Most clothing consists of mixed fabrics. The all natural fibers - cotton, linen, true silks, wool and leather have usually been treated with many of the previously mentioned methods. Finding your own good clothing may be an event worth celebrating. With time and use, clothing and all the processes it has gone through, plus what we clean it with, wear out. The actual wearing out is molecules or particles offgassing or breaking off to eventually join with the housedust.

Offgassing or the surface molecular exchange is greater when new or when the article of clothing is worn upon a nice warm human body. Offgassing occurs constantly until the fabric becomes not fit for wear. Then it should be allowed to offgas as a cleaning rag or in the garbage. This offgassing also applies to everything else we as consumers use or expose ourselves to.

What we "contain" our food in is also important. Aluminium or teflon pots, pans and utensils, offgas their molecules when heated. Storing foods in plastic containers produces plastic tasting foods or coloured containers. Cooking with stainless steel or pottery and then storing foods in true cellophane, glass or ceramic dishes will prove beneficial to all.

It has been said that a skunk cannot smell his own stink. The same can be said for humans. Fortunately for us we don't have large scent glands as a natural defense against predators. As creatures of habit, people tend to spend long periods of time living under the same roof. While we live in one spot, our housedust is created mostly by us. Since our housedust is microscopic particles of ourselves, we do not notice anything about our smell. When we visit other houses, we detect different smells whether noticeable or not. Our only reasons for using household deodorisers are from peer, social or commercial pressures or for our own emotional satisfaction. By not using any of these many products we improve our ambient air simply because we are not putting more polluted molecules into our breathing space.

Many people, through constant effort, which eventually becomes habit, have successfully made changes to improve their health and that of people around them. Even more of us sporadically attempt and eventually succeed at maintaining a cleaner house. It is work which becomes easier as we become more aware of how to deal with it and more importantly, we become healthier.

Beth Fields

References: Common Sense for the Sensitive: Why Your House May Endanger Your Health.

"The Intimate sense of smell", National Geographic, Sept. '86, v. 170, no. 3.

Candida albicans

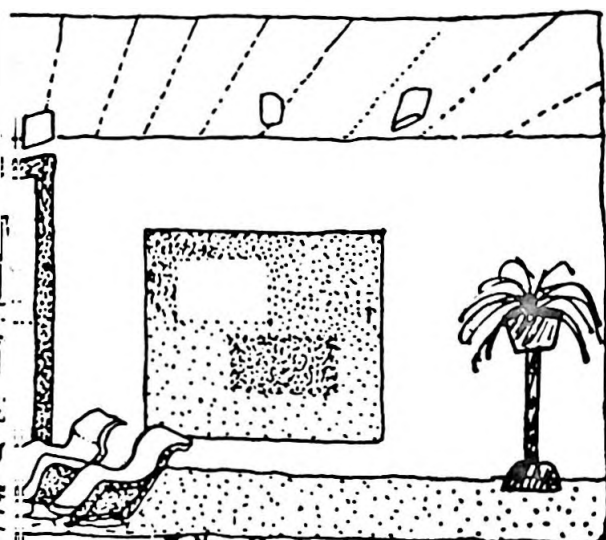
On May 17, 1986, the Ottawa Branch of the Human Ecology Foundation was fortunate to listen to Dr. Irvine Korman, well-known clinical ecologist from Toronto. Dr. Korman, invited to speak on the topic of the yeast, *Candida Albicans*, did not limit his talk to *Candida* but discussed the role it plays in a systemic illness.

Dr. Korman traced the evolution of his medical practice from being an internist specializing in gastroenterology for twenty years to the present as a clinical ecologist. He went to Dr. MacLennan when his daughter became ill, after unsuccessfully seeking help from his (traditional) medical colleagues. Later, he went to Dr. Randolph's clinic in Illinois to train in clinical ecology.

His daughter improved following elimination, rotation and switching to organic foods. Phenolics (aromatic components of foods) and control of a *Candida* problem progressively brought her health level higher.

Perhaps the most encouraging statement the audience heard was that ecological illness is reversible! But Dr. Korman echoed what most of us already know: clinical ecology is only the first step. He emphasized the importance of nutritional supplementation and detoxification. In his clinical practice, he brings other methods like homeopathy, chiropractic and herbology to help in the recovery. A question period followed, covering a wide variety of topics.

Tapes are available in our tape library for two week loans. Phone Pat Gorgas (Tel. 224-0801).



NO ^{bring your own lunch} PLEASE **ALLERGY WORKSHOPS**
by **ALLER-SENSE ATs**

INTRODUCTORY

I Sat. Sept. 27 1-3pm.
Tues. Sept. 30 7-9pm.

Videotape by Dr. Sprague and Coping Mechanisms

II Sat. Oct. 11 1-3pm.
Tues. Oct. 14 7-9pm.

Description of Ecological Illness, Making a Safe Environment, Types of Treatments

CANDIDA

I Sat. Oct. 18 1-3pm.
Tues. Oct. 21 7-9pm.

Due to complexity of condition, this will be done in two sessions.

II Tues. Nov. 4 7-9pm.
Sat. Nov. 8 1-3pm.

Cannot attend session II without attending session I first.

ROTATION DIET

I Sat. Nov. 15 1-3pm.
Tues. Nov. 18 7-9pm.

All you want to know about Rotation Diets

II Sat. Nov. 29 1-3pm.
Tues. Dec. 2 7-9pm.

Come cook with us! Nutmilks and butters, crepes, snacks etc.

CHEMICALS

Sat. Dec. 13 1-3pm.
Tues. Dec. 16 7-9pm.

At Home and in the Workplace

WHERE: 97 VILLAGE GREEN, KANATA.

PHONE: 836-7656 - LYNDIA BROOKS R.N.Y.M.T., CLINICAL ECOLOGY SPECIALIST
828-2547 - JANET LEE

COST: \$15.00 per session advance payment, \$17.00 at the door.
\$75.00 for all seven sessions.

Maximum of 8/session. Minimum of 4/session.

De-smelling ourselves

Too frequently, we find new members who come to meetings with a long list of symptoms and sensitivities. Nearly everyone is sensitive to perfumes and yet we find that those who declare they are sensitive to smells often exude perfume scents.

The olfactory nerves can become deadened to a particular scent over a long period of habitual use, and the wearer eventually loses sensitivity to that scent. Liking the odour, resulting in addiction and masking as that of cigarette smokers to smoke, can also happen in some cases.

Personal Cosmetics

Where do the smells come from? Not necessarily from perfumes as such but from make-up foundation, face powder, lipstick, hand lotion, body lotion, after-shave, deodorant, bath soap, hairspray and hair shampoo. To find out if you are sensitive to any of what you are presently using, go off all or as many as possible for a week or two. Try Ivory soap (unscented but drying on the skin) and an unscented biodegradable shampoo. Introduce the cosmetics singly and observe your reactions. It is not easy to get cosmetics that are scent-free. So-called hypoallergenic cosmetics can make the person with Candida very ill. Because individual tolerances vary, it takes time and patience to find personal products that are tolerable.

Detergents

The most ignored source of scents is the smells from clothes. Most children's clothes especially, smell strongly perfumed from the fabric softeners and detergents

used. Even outside, some children smell so strongly that those with chemical sensitivities cannot go near them. Imagine what it is like in a non-ventilated classroom with 30 or more children wearing perfumed clothes!

You might say you don't use Bounce or any other fabric softener. Your clothes could not possibly smell. Wrong! Those much touted readily available detergents like Tide (scented), Fab, All, Sunlight, Cold Power, etc. are strongly smelling and deadly to most of us. That means that if you are wearing clothes washed in these detergents, a chemically sensitive person will not enjoy being near you, to put it mildly. Using them on clothes of one with a very sensitive skin could exacerbate skin problems.

Chemical Load

Apart from the adverse effect of the scents on other people, you and other members of your family wearing the clothes are burdened with a chemical load 24 hours a day, day in and day out. Beddings, towels, curtains, and rugs washed in scented detergents can make the whole house fragrant, contributing chemicals to the air you breathe. This chemical load can make a significant contribution to the total chemical load on the body.

Solutions

How can you de-smell your clothes? Unfortunately, the scents stick and are hard to remove. Scented clothes given to my children could not be rendered smell-free even after 5 times of washing with good detergents. But soaking the clothes in baking soda (not washing soda which is perfumed) for half a day or longer helps.

Which detergents are tolerable? It is difficult to make recommendations because each one of us has different degrees of sensitivity. The selection should be made on the basis of individual tolerances. Heavenly horsetail, Amway SA-8, Shaklee Basic H and Nature Clean are among the products tolerated by sensitive members.

Note that not all products made by a company are equally acceptable. For example, Shaklee Basic L has a smell while Basic H is less odorous.

Unfortunately, the good products are costly. The price of a gallon of Nature Clean increased substantially in the last year. For washing dishes it can go a long way but it is cost-prohibitive to use for a large family's laundry.

Some can tolerate Ivory Snow. It is not a heavy duty detergent, but one can add some borax, a cleaning booster that does not impart any smell. (I do not know the impact of borax usage on groundwater and therefore, I urge caution in using excessive amounts). The use of baking soda added to the wash before the final rinse can get rid of residual detergent odours. Choose the least odorous detergent you can find, use as little detergent and still get the wash clean and add at least twice as much baking soda as the amount of detergent. (Baking soda can be ordered in bulk from health food stores).

One of the newest introductions in the market is unscented Tide. It is not tolerated by most chemically sensitive people, probably due to some chemical

Education Notes

HEF Ottawa has a set of slides ideal to show to parents and teachers. These slides were made available to us by Darlene Koski, HEF Toronto Branch President, who made an excellent presentation on Environmental Pollution in schools at a professional development day of the Carleton Board last May.

As part of educating the public as well as helping parents, an HEF panel of speakers is available to address your Parent Advisory Group or Home and

Schools Association. The topics covered include:

1. Does your Child have allergies?
2. Improved health & learning through better nutrition.
3. Reducing the chemical pollution in schools.

HEF can make this information available to the parent group in your children's school (contact 839-5667 for more information).

Book Reviews

21st Century Medicine by Julian Kenyon, Thorsons Pubs. Ltd.

This book describes German acupuncture machines and how they work. It is maintained that our bodies' energies are the most important things in our health and that acupuncture machines will be used in the medicine of the future to help treat the patient as a whole. Kenyon explains how complex homeopathy and other treatments should and will be used to rebuild people towards health.

I believe that this is an excellent book, especially for those people who feel that they have hit the end of the line.

Lynda Brooks

Clinical Ecology: A Therapeutic Approach to Understanding and Treating Food and Chemical Sensitivities. Lewith, George T. and Kenyon, Julian N., Thorsons Publishers Ltd., Wellingborough, Northamptonshire, Great Britain, 1985.

Lewith and Kenyon are British physicians who have written an easy to read and succinct introduction to ecological illness and the field of clinical ecology. The purpose of the book is to "inform the reader how environmental factors affect health and in some cases promote illness". Clinical Ecology, as a school of medicine, is defined as the study of how the environment promotes disease or ill-health. The functioning of the immune



system, allergy, food sensitivity, coeliac (celiac) disease masked symptoms and the stress-adaptation syndrome are discussed in chapters 1 to 4. Practical advice to the patient is provided in chapters 5 and 6, along with answers to the most common questions that patients ask their doctors about ecological illness.

Chapter 7, entitled the "Ecological Debate", addresses the issue as to whether or not sensitivities are a symptom of an undiagnosed illness and suggests that this is likely. The authors hypothesize that the illness could be associated with chemical toxicity, radiation from unsafe electrical environments and adulterated food. Diagnostic techniques are described in chapter 8. The effectiveness of elimination diets, RAST (Radio Allergo Sorbent Test), cytotoxic testing and the Miller test which uses dilutions of allergens to "switch-off" symptoms, as well as Vega testing and acupuncture, are all described with unusual clarity.

The treatment of ecological illness is described in chapters 9 and 10. Avoidance is considered to be the optimal means of managing the illness. Useful lists of products with derivatives of hydrocarbons, phenols and formalins are provided. In chapter 11, the use of alternative therapies including homeopathy, hair analysis and mega-vitamins are reviewed, while chapter 12 describes treatments for chronic candidiasis.

This book is very well organized and easy to read. It would be an ideal introduction for the patient suffering from an ecological illness or a friend or relative curious about ecological

illness and its treatment. Readers who are already familiar with managing ecological illness will find the last half of the book of particular interest because the authors are clearly challenged by the issues and problems of treating ecological illness and describe several therapies not now being considered in Canada.

Anne Castle

Volunteer Opportunities

Annual Clinical Ecology Conference

The Annual Clinical Ecology Conference will be held in Ottawa in April, 1987. This will be an important event HEP members will benefit much from. More details will follow.

Library Apprentice

Do you enjoy talking to people? Do you want to have the latest information related to ecological illness? There is a job waiting for you in the library. Consider helping with or taking over this interesting job. There will be lots of help getting started. Available in Jan. '87. Contact Janet Lee at 828-2547.

Telephone Committee

Our membership is growing rapidly. It is quite a chore for the Telephone Committee to reach everyone at least 9 times a year. We need more volunteers to assist the Committee in phoning. This would result in fewer phone calls per person. Please phone Sue Patrick (729-5793) if you can help.

... De-smelling ourselves

components. The appearance of an unscented detergent however, is encouraging. Other manufacturers hopefully will follow suit. If the public accepts unscented detergents, we may have a less fragrant society!

Our Librarian, Janet Lee, uses and tolerates very well Olympic Low Suda Detergent available at Shopper's Cooperative Inc., 1565 Châtelaine, tel. 729-9955. A twenty five pound box costs \$15.85 for co-op members, 7% more for non-members (a 6 liter box of regular detergent is about 4 lbs.).

Virginia Salares

HELP

The Ottawa Branch of the Human Ecology Foundation needs your financial support! Please include the Foundation in your charity plans this year. A canvasser will be contacting you by October 20th. Please help yourself and others and make a donation.

Cheques are to be made payable to: Human Ecology Foundation (Ottawa). A receipt will be issued for income tax purposes for donations of \$5 or more.

Bev McCullough
Fundraising Chairperson

Human Ecology Foundation (Ottawa)
P.O. Box 11428
Station H, Nepean
Ontario K2H 7V1

Name _____
Address _____

Enclosed is my donation for \$ _____

Library / la bibliothèque

Items listed below may be obtained from the HEF Library by visiting the library or requesting items by phone or mail from the Librarian, Janet Lee, 1273 Rideout Crescent, Ottawa, Ont., K2C 2X9 (613) 828-2547.

NOTE: Please return your books so that others may benefit from them. We recognize and appreciate the fact that most of you are prompt. If you would like to make comments, good or bad, on any items in the library collection please feel free to do so. Thank you.

ARTICLES

- "Acrylic denture intolerance in multiple food and chemical sensitivity"
- "Better water for your home: a guide to filter systems for your tapwater" by Richard Leviton, East West Journal, Aug. 1986, p. 46-52.
- "Candida connections"
- "Candida is this strain of yeast: friend or foe"
- "Caprystatin or thrush protocol for atypical muco-cutaneous candidiasis"
- "Dental materials"
- "Food irradiation" Health & Energy Institute, Wash., D.C.
- "Food irradiation: the hidden poison" ICDA News June-July 5.86, p. 3.
- "The Growing use of irradiation to preserve food" by Chris W. Lecos. FDA Consumer July-Aug. '86, p. 12-15.
- "Ketoconazole (systemic) (A commonly used brand name is Nizoral) USP DI advice for the Patient Nov. '83, p. 485-86.
- "Mercury poisoning from dental amalgam mercury: a factor in mental disease"
- "Metabolic abnormalities in patients with chronic Candida"
- "Profile of Candida Albicans"
- "Role of Candida Albican in human illness"
- "Strengthening your immune system with herbs" Vegetarian Times.

BOOKS & PAPERS

- "Air Cleaners" Canadian Consumer Apr. '86, 5 pages.
- "Alternatives to mercury fillings" by Ziff, 5 pages.
- "Back from nature" by Lang, 8 pages (safety of unpasteurized milk)
- "The Bonded tooth" by Hartzmark, 2 pages.
- Candida: a twentieth century disease by Lorenzani.
- Candida, silver (mercury) amalgams and the immune system.
- "Cranial-sacral therapy" by Cruikshank, 2 pages.
- Dining on the sunnyside by Hoare.
- The Holistic revolution by Grant.
- "In search of natural chicken" by Thomson, 6 pages.
- Metabolic typing by Valentine. (Discover your special food requirements).
- "The Microwave debate" by Setneck (available from the National Research Council).
- Natural health care directory Ottawa-Hull / Le Répertoire des ressources en santé holistique Ottawa-Hull. Ottawa: Susan Vermette, 1986. 48 p.

- Non-prescription drugs and their side effects by Benowicz.
- "Precursor therapy with orthomolecular nutrition" by Berry & Borkan, 8 p.
- "Toxic home syndrome" New Age Journal Apr. '86, 5 p.

Brochures

Microfurnaces
Ozonator water purifiers

NOUVELLES DE LA BIBLIOTHÈQUE

- Chambert, Claude. "Allergies: les aliments-piège", Prévention santé, novembre 1985, p. 24-28.
- Côté, Françoise. "ENAP-85 les possibles imaginables: médecine douce, parallèle, officielle, alternative ou conventionnelle?" Le Devoir, le mardi 12 novembre 1985.
- Francoeur, Louis-Gilles. "La Gestion de l'environnement: la nécessité de politiques de deuxième génération", Le Devoir le 11 novembre 1985.
- Mainguy, Francine. "Mal du sucre ou mal de vivre?", Chatelaine, janvier 1986, p. 15-16.
- Rowan, Renée. "Un comité demande à Québec de rendre légale la pratique de certaines thérapies alternatives", Le Devoir, le mercredi 7 mai 1986, p. 3.



Volunteer Opportunities

Transportation to HEF Meetings

The newsletter (ECO-SENSE) will include names of members seeking transportation to HEF meetings. Please contact Pat McKenna, newsletter editor (236-4547) if you would like your name, address and phone number listed. As well, if any members can help other members in their district with transportation, this would be an important volunteer contribution.

Members in Need

HEF has made an application to the Ottawa Food Bank with the hope of providing some produce on a fairly regular basis to members in need. The quality of the food will of course be typically commercial. Less chemically contaminated foods may be received on rare occasions.

Members eligible to receive this food are primarily 1) anyone on social assistance (Mothers Allowance, General Welfare, U.I.C., Disability or Widow(er)'s Pension and Senior Citizen's Benefits); 2) Low income or working poor; 3) Workman's Compensation, Temporary Sick Leave; 4) Any member who is struggling with finances for a food budget.

In order for this service to operate, freezer, fridge or cold storage space, driver(s) and vehicle(s) for pick up and/or delivery to storage space are needed. Only one or two days a month of volunteer work may be required.

If you are eligible or know of anyone who is, or if you would like to feel good by helping others please contact Beth Fields, 829-7185.

Consumer health conference

The Conference was an enlightening forum on a variety of health-related subjects from an ecological point of view. Eight speakers presented communications on specific points of interest: the holistic approach of traditional Chinese medicine (acupuncture); the link between the quality of drinking water and disease on health; the treatment of candida and related problems caused by mercury amalgams; homeopathy; naturopathic dentistry; vision improvement; the advantages of combining the wisdom of the past with modern technology; and herbology.

Dr. Ronald Puhky, Academic Chairman of the Academy of Science for Traditional Medicine, Victoria, B.C. and visiting lecturer on acupuncture at the University of California, Los Angeles (U.C.L.A.) Medical School, spoke on the many uses of acupuncture. He emphasized the fact that traditional Chinese medicine combines herbology, nutrition, massage, movement, exercise, spiritual and lifestyle changes. According to Dr. Puhky, it treats health, not disease and promotes wellness while allopathic, or modern medicine, is geared for acute conditions, their symptomology, instead of their causes. He went on to explain the concept of Chin and Chi energies and concluded by stating that one cannot be truly healthy until one pictures oneself healthy.

Dr. Alexander Wood, D.C., W.D., F.A., N.A., Chairman of the Board of the Ontario College of Naturopathic Medicine, stressed the importance of drinking water for our health since our bodies are 70% water. He identified three factors that predispose a person to disease (namely PH balance, RH2 or Radon potential and the resistivity or number of minerals or solids in anything) and their use to determine a person's biological age. Dr. Wood then discussed the different methods of water treatment and their effects on the body.

Dr. Kupsinil, Preventive Health Care Practitioner and editor of the publication Health Consciousness, spoke on Candida and the conditions for healing. He reported having observed hypothyroidism in 95% of all Candida patients examined and problems due to mercury amalgams in 90% of these cases. He also noted that many people with Candidiasis are deficient in hydrochloric acid and/or pancreatic enzymes. Dr. Kupsinil also discussed the use of different treatments for candida.

Mr. Tariq Kuraishy, B. Pharm.,

M.S., President of Professional Technical Sources and consultant for the Pharmaceutical and Holistic Industry, Reno, Nevada, discussed the history and applications of homeopathy alone or in combination with other methods, insisting on the need for an holistic approach to treatment.

Dr. Herbert Adirum, DDS, N.D., specializing in cranio-mandibular conditions, acupuncture and Dentistry.

Naturopathic in contrast to allopathic dentistry attempts to help the body heal itself. Various techniques such as using TENS (or comfort machine) and acupuncture can minimize traumas to the body during a filling. Meditation, hypnosis, magnetic fields and/or homeopathy can help too.

Heavy metals have been recognized as being a problem for over 23 years. Although there may not be much mercury leakage from certain amalgams, the electrical current which is produced can have an effect on energy. These currents need to be measured before replacing the amalgams in order to determine the proper sequence for removal. It is not always necessary to remove all the amalgam. Silver is known to be toxic, as is copper and zinc. Gold is an alloy, which can also cause problems. Different plastics may be tolerated by different people and should be tested, as should the bonding material. He uses a vega machine to test people for all the materials used. He stresses the importance of having chelation therapy along with amalgam removal as mercury is released at this time and can affect any organ to make a person sicker.

Antibiotics can be helpful for gum infections but may cause problems later on. Herbal preparations such as echinacea can help to deal with infections. Herbal and homeopathic remedies can be used if oral surgery or a

tooth suture is done.

Dr. Leslie Salov, M.D. Director of the Vision and Health Centre.

Dr. Salov feels that our eyes are part of our brains and that our inner self is our vision. Rebuilding the self through the use of things such as biofeedback will help improve vision.

Dr. Léo Roy, M.D., N.D., founder of Humberview Clinic and Mediatic Research Inc. in Toronto.

A whole new era of medicine will result from energy testing such as that done on the vega and other electro-acupuncture machines. He foresees using computers for diagnosis and prescribing appropriate homeopathic, herbal or energy treatments. A computer in Switzerland has information on homeopathy, herbology, vitamin/mineral therapy, acupuncture, etc., while another in California has information on many of the alternative therapies.

He discussed the use of heat to destroy cancer cells. Heat coming from the body's energies or life force can denature the proteins in the tumour. After the cancer is gone, there is still a predisposition to cancer which must be changed.

Irene Yaychuck, nutritionist, herbalist and Touch for Health.

Herbs, unlike drugs, deal with deficiencies. In order for herbs to work properly, there is a need to build up to strong doses. Reactions can be caused by herbs the same as any other substance and should be used with caution. Herbal remedies for various conditions were discussed. For treating candida albicans, garlic, onions, taheebo tea, echinacea, black walnut, blue violet and aloe vera are all used. One should test which are best tolerated.

A copy of the notes from the Conference is on file in the HEF Library.

Lynda Brooks

REPORT OF THE EXPERT ADVISORY COMMITTEE ON HERBS
AND BOTANICAL PREPARATIONS

_____, 19 ____

The Honourable Jake Epp
Minister of Health and Welfare
House of Commons
Confederation Bldg. (Rm. 258)
Ottawa, ON
K1A 0A6

Dear Mr. Epp:

Please send me a copy of the REPORT OF THE EXPERT ADVISORY
COMMITTEE ON HERBS AND BOTANICAL PREPARATIONS, together with a
copy of Information Letter No. 704, on Herbs and Botanical
Preparations.

Your promptness in sending these two documents would be most
appreciated. I understand that interested parties will have only
until June 27, 1986 to make comments about the recommendations of
the Expert Advisory Committee.

Thank you.

Sincerely,

NAME (Print) _____

SIGNATURE _____

ADDRESS _____ CITY _____

PROVINCE _____ POSTAL CODE _____

This form letter was prepared for my convenience by the Consumer
Health Organization of Canada, 100 Willowdale Ave., Willowdale,
Ont., M2N 4X9
Phone: (416) 222-6517

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(No postage stamp is required to mail this letter)

News

Tape Library

HEP Ottawa now has a tape library covering TV presentations, HEP meetings and specialized areas of interest such as relaxation. The acquisition of a video on 20th century disease marked the beginning of a video cassette collection (VHS and memorex scotch UCA60) for HEP. If members have any other medical tapes pertaining to environmental illness and would like to contribute them to the library, we would be grateful.

All members are encouraged to make use of the library and honour the lending system that I am developing and which I hope to have operational by the fall. If anyone has access to a tape cassette duplication machine, HEP would like very much to discuss possible arrangements for use. I am open to suggestions that could make our library more "resourceful". Please contact me at 224-0801.

If any members have borrowed tapes and have not yet returned them, please do so at your earliest convenience. Please note that the tapes of Dr. Molot's talk at an HEP public meeting and the tape of "New Ideas About Sickness and Health" (CBC Radio Program) are overdue. Pat Gorgas

Resignations

One of our vice-presidents, Fred Light, recently submitted his resignation. Fred has been one of the backbones of the Foundation, has served on the Executive for several years and has done excellent work in public relations and other areas. We will miss him from the Executive, but we know we can count on his continued support. Thank you Fred for all the work you've done!

Donations

Eileen Carter donated a much-needed typewriter.



Recipes

Millet Crisp

Wash 1 cup of millet. Bring 3 and 1 half cups of water to a boil and simmer for 40 minutes. Add 2 tbsp. of oil of the day and cool. Spread mixture out on oiled cookie sheet. Put a little oil on hands and press mix as thin as possible. Sprinkle evenly with sea salt, garlic powder, dried celery leaves or whatever you like. Score into squares. Bake for 20 minutes in 400 F oven. Remove crispy pieces and continue to bake until whole recipe is crisp. A delicious snack.

Strawberry Dessert

1 Cup fresh or frozen strawberries
1 Tbsp. honey
1/2 cup cashews
Blend together until smooth and creamy. Chill and serve. Substitute fruit for strawberries (peach, bananas, other nuts or seeds).

Did you know that lettuce, celery, cabbage, will keep longer if wrapped in square of cotton, then in plastic bag.

Janet Lee

Classified

Free-range chicken will be available the last week of October from David Garland (tel. 489-3474). No antibiotics and hormones: chicken allowed to run around and scratch in the garden. Members of the HEP Executive who sampled some have been very pleased and can recommend these to members. Mr. Garland will have turkeys for Thanksgiving and Christmas. Reserve early.

Quality 100% cotton items available at moderate prices. Contact Barbara Tipple, 118-142 Woodside Ave., Cambridge, Ont. N1S 4A9, tel. (519)622-0696.

A distiller, donated by one of the members, is for sale. It can be operated only on line and can be used if you have your own well. Phone V.R. Salares for more information (839-5667).

Holistic Clinic Provides Candida testing (scratch test for \$ 10. and consultation for \$30.). Caprylic Acid is provided as a treatment for \$35.

Good, tolerable mattresses, built to your specifications and requirements can now be ordered from Sleeptek, 5370 Canotek Rd. Unit 22 Ottawa, tel. 749-1456.

Room Mate

Interested in maintaining candida diet, female, Centretown location in 2 bedroom apartment, \$250. inclusive per month, Sept. '86. Please call Janice, 235-8472.

Shaklee Products Selling Basic H (Miscote repellent), vitamins (no preservatives, colouring, additives) & health care products. Call Helen Kouri, 829-3639.



● Preventing ill health depends on changing personal and social habits.

Questionnaire

The Human Ecology Foundation of Canada, Ottawa Branch is embarking on a program of representations to Federal Government Officials about problems associated with air quality in Government buildings, particularly in Ottawa, and related personnel policy issues arising with persons having environmental hypersensitivity.

In order that representations be factual and based on as much evidence as possible, we are calling on HEF members who are civil servants to complete the following questionnaire. Under no circumstances will your name be used without your express permission.

NAME _____ PHONE NO _____

ADDRESS _____

Degree of Environmental Hypersensitivity

MILD: _____ MODERATE: _____ SEVERE: _____

Name of Work Location

Quality of Air at Work Location

ACCEPTABLE: _____ FAIR: _____ POOR: _____ HAZARDOUS: _____

Specific Problems at Work Location

Is your job at risk because of air quality? If so give details.

Please mail completed
questionnaire to:

HEF Ottawa
P.O. Box 11428,
Station H
Nepean, Ontario
K2H 7V1

Haberman Chemists
 141 Laurier Ave W.
 235-3993

Specials

- 1) LIFE START 2 1/2 oz \$20.00 (While quantities last)
- 2) Megadophilus 71 gm \$26.00
- 3) Kyolic 100 Yeast Free capsules \$10.00
- 4) Quest Synergistic Multi-Minerals 90's \$6.50
- 5) Gamma Oil (Evening Primrose Oil) 180's \$35.00

New Products

- A) Habermates Pacific Sea Kelp \$4.00
- 5 gr. (Organerals) 500's
- B) Habermates Children's Chewable \$5.50
- Vitamins (Yeast, Color, Sugar Free) 90's
- C) Habermates VITAMIN B6 (PYRIDOXINE) \$4.25
- 50 mg 100's

Always If you buy 5 of any one
 Remember: nutritional supplement, at
 the regular price, there is a
 25% discount if you are a
 H.B.F. member.

Group together and save!

HELP

The Ottawa Branch of the Human Ecology Foundation needs your financial support! Please include the Foundation in your charity plans this year. A canvasser will be contacting you by October 20th. Please help yourself and others and make a donation.

Cheques are to be made payable to: Human Ecology Foundation (Ottawa). A receipt will be issued for income tax purposes for donations of \$5 or more.

Bev McCullough
Fundraising Chairperson

Human Ecology Foundation (Ottawa)
P.O. Box 11428
Station H, Nepean
Ontario K2H 7V1

Name _____
Address _____

Enclosed is my donation for \$_____